

# Get the upper hand on germs

... wash your hands properly

## 1. Wet & Lather

Lather your hands and wrists with soap

When using bar soap set it on a rack to dry after use.



## 2. Scrub

for 20 seconds:

- palm to palm
- between and around fingers
- back of each hand
- fingertips and under nails



## 4. Dry & Protect

Dry hands with a single use towel or air dryer.

Protect your hands from touching dirty surfaces while in the washroom, and as you leave.

## 3. Rinse

Rinse thoroughly under running water